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**METALLICA
CONFIRMED**
GARRISON SHOW SET
FOR JULY {page 2}



**BABY TALK
DON'T GIVE THIS
BRIDESMAID YOUR
TWO CENTS** {page 10}



HALIFAX

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Tuesday, May 10, 2011
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News worth sharing.



► A woman walks past a discarded umbrella on Spring Garden Road during yesterday's deluge. The rain doesn't look like it's going to let up anytime soon. The forecast for the next couple of days calls for showers and fog.

RYAN TAPLIN/METRO

Spring showers in full force

A taste of Liquid Gold

Upstart Halifax shop
boasts exotic olive oil,
vinegars {page 4}

Armview hit or miss

Burgers are your best
bet at popular eatery
{page 14}

Mid-air etiquette

10 rules to help you and
fellow travellers thrive
and survive {page 9}

Losing his lustre

► **Public impression of Peter Kelly down
19 per cent from same survey in 2010**

Public opinion of Mayor Peter Kelly is taking a hit.

Forty-two per cent of HRM residents say their impression of Kelly has worsened somewhat or greatly over the past 12 months, according to the CityThink survey, conducted by Marketquest-Omnifacts Research for Metro Halifax and the Greater Halifax Partnership.

Kelly cites the concert cash scandal as a factor. "I'm absolutely certain that would have affected that degree of response," he said.

The poll was conducted April 13 to 23, weeks after it was discovered that HRM's former chief administrator advanced a concert promoter \$400,000, most of which wasn't paid back.

"I have accepted that responsibility, I have apologized and it will never happen again, and I continue to strive to do the best job that I can," Kelly said.

But despite poor public perception, Kelly's overall average rating hasn't wavered much from 2010.

Survey

► The CityThink survey polled 600 people and has a margin of error of four percentage points, 19 times out of 20.

Respondents were asked on a scale of one to 10 — 10 being the highest — how satisfied they were with Kelly overall.

On average, support for Kelly came in at 5.5, down from 5.9 last year but within the margin of error.

Craig Wight, senior vice-president of Marketquest-Omnifacts Research, said it's a combination of very bad and very good ratings.

"People are quite split on the ratings of the mayor. You've got about half who are giving a five or less, and then you've got again about half who are giving him a seven or higher," said Wight, explaining anything below five is not favourable.

● **ALY THOMSON/MORE COVERAGE,
INCLUDING FULL POLL DETAILS, PAGE 3**

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Despite threats, hundreds of Afghan children file off to school for their first days of formal education. Video at metronews.ca



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MackKay confident about ticket sales

► Metallica tickets go on sale Thursday at noon ► Promoter says he has been chasing band for several years ► Ticket prices \$99.50-\$199.50 plus tax, fees



KEVIN WINTER/GETTY IMAGES

► Metallica's James Hetfield performs onstage April 23 during The Big 4 at the Empire Polo Club in Indio, Calif.



JENNIFER TAPLIN
@METRONEWS.CA

Concert promoter Harold MacKay is hoping Metallica is a bigger draw than Paul McCartney.

The concert was the worst-held secret in the last few weeks, but details were officially announced yesterday morning.

Metallica with Matt Mays, Protest the Hero, Seether and Coheed & Cambria will shake Garrison Grounds July 14.

Venue capacity of 30,000 is less than the Halifax Common but concert promoter MacKay said he

is hoping to sell out. The Paul McCartney concert on the Common drew only 26,504 ticket holders.

"You never know what you're going to sell, but it's a great site and we've got one of the biggest bands in the world performing so I think we'll be fine," MacKay said.

MacKay's company, Power Promotional Events Inc., went bankrupt last October after disappointing ticket sales for several concerts.

He received a \$400,000 cash advance from former HRM chief administrator Wayne Anstey to keep the 2010 Black Eyed Peas and



► Harold MacKay

Country Rocks concerts going.

His new company, Rock the Hill, was registered with the province at the end of March. It's associated with MacKay Entertain-

ment Inc., which is registered by his wife Michele MacKay.

He said the opportunity to sign Metallica drew him back into the business.

Besides fire inspections and extra police coverage, HRM will have nothing to do with the Metallica concert.

But the economic spin-offs will be \$6 million to \$7 million if 20,000 people buy tickets, predicted MacKay.

"I never asked for their (HRM and the province) involvement. There was no interest from the province," he said, adding he has investors backing the show.

Preliminary hearing for Thompson

Chaze Lamar Thompson's preliminary hearing started yesterday.

The 21-year-old from Dartmouth is charged with murder in relation to the death of cab driver Sergei Kostin.

Kostin's burnt cab was discovered off Downey Road in North Preston in January 2009. Three months later, his body was discovered off Upper Governor Road.

Thompson was charged with murder in January 2010 — almost one year after Kostin's cab was found.

The preliminary hearing, banned from publication, is scheduled for every day this week. The judge will hear the Crown's evidence and decide if there is enough to schedule a trial. ● METRO

CONTRIBUTED



► Sergei Kostin

5 charged in weekend shooting

Halifax Regional Police have charged five people relating to a shooting on Main Avenue in Fairview Saturday night.

Police say Christian Enang Clyke, 19, Samantha Nicole Clark, 20, Sheileena Downey, 20, and Tyrisha Kelsie, 20, all face multiple weapons charges in relation to the shooting.

A 17-year-old from Timberlea has also been charged, and Clark faces two additional charges of drug trafficking.

Police were called to an apartment building after one of the tenants reported a gunshot coming through her ceiling.

Police say marijuana, ecstasy pills and hash oil were seized from the apartment, as well as two loaded handguns. ● ALEX BOUTILLIER

Tweeters weigh in on Metallica concert

Twitter was abuzz yesterday as people offered their opinion about the Metallica concert announcement for Halifax.

► @pryan2112 I saw Metallica twice here in Halifax

back in their heyday. Probably going to hold onto that and not tarnish fond memories #RetiredMetal-Head

► @dougorkum #Metallica is coming to #Halifax and Harold MacKay is the promoter and I can't help but

ask @mayorpeterkelly what it will cost us this time?

► @TropicalScent00 It's raining it's pouring and Metallica is coming to Halifax?! Who cares about the rain! Woohoo!

► @MavsGillis Price yourself

too high and think people care about having a local band on the stage that day ... lessons not learned #Metallica #Halifax

● COMPILED BY JENNIFER TAPLIN



Results for municipal politics

The CityThink survey sampled 600 HRM residents between April 13 to 23. It carries a margin of error of four percentage points, 19 times out of 20.

For the following questions about municipal affairs in HRM, please use a 1 to 10 scale to respond, where 10 means you are completely satisfied and 1 means you are completely dissatisfied.

City Council

- 1 – 6%
- 2 – 5%
- 3 – 8%
- 4 – 10%
- 5 – 23%
- 6 – 18%
- 7 – 16%
- 8 – 8%
- 9 – 3%
- 10 – 1%

Mayor Peter Kelly

- 1 – 12%
- 2 – 7%
- 3 – 8%
- 4 – 5%
- 5 – 13%
- 6 – 12%
- 7 – 17%
- 8 – 14%
- 9 – 6%
- 10 – 5%

Considering the municipal services you receive, how satisfied are you with the level of municipal taxation?

- 1 – 10%
- 2 – 8%
- 3 – 8%



► Mayor Peter Kelly

- 4 – 11%
- 5 – 21%
- 6 – 13%
- 7 – 13%
- 8 – 9%
- 9 – 2%
- 10 – 2%

Over the past 12 months, has your impression of Mayor Peter Kelly ...?

- Worsened greatly – 17%
- Worsened somewhat – 25%
- Stayed the same – 49%
- Improved somewhat – 6%
- Improved greatly – 1%

There are 23 councillors for HRM. In your opinion should there be an increase in the number of councillors, decrease in the number of councillors or should the number remain the same?

- Increase – 2%
- Decrease – 64%
- Remain the same – 30%

Marketquest-Omnifacts Research conducted the CityThink poll for Metro Halifax and Greater Halifax Partnership. Incorrect information appeared in yesterday's edition.

Survey says: Cut councillors

► Support for smaller council up eight per cent from 2010 ► UARB expected to decide in late June on whether council size is reduced



ALY THOMPSON
HALIFAX@METRONEWS.CA

HRM residents want to trim the size of council.

A CityThink survey, conducted by Marketquest-Omnifacts Research for Metro Halifax and the Greater Halifax Partnership, finds 64 per cent of people want to see the number of councillors decrease from its current total of 23.

Mayor Peter Kelly, long-time proponent of a smaller council, echoes that sentiment. He said council's tendency to fall off topic does not go over well with residents or other members of the council.

"The public is certainly not blind to that. They certainly see an opportunity to reduce those misdirected comments and misdirected issues of discussion," he said.

"Clearly the public wants a smaller council and a smaller council they shall get."

Craig Wight, senior vice-president of Marketquest-Omnifacts Research, said the public's overall dissatisfaction with council might have residents seeing a reduced council size as a



► Coun. Gloria McCluskey speaks during a council meeting in this file photo.

possible solution.

Coun. Dawn Sloane said decreasing council size would jeopardize democracy.

"You need people at the table for the discussion," Sloane said.

Sloane also said chopping councillors would increase the demands on those remaining. The higher the demand, the more bureaucrats who are need-

ed to help, she said.

"So are you really getting any savings?"

Coun. Tim Outhit said cutting councillors wouldn't result in extra home-work.

"When HRM was amalgamated and some of the county councillors picked up 5,000 or 10,000 additional residents, there was no significant increase in work to the councillors and

CityThink

- Today: Municipal politics
- Tomorrow: Crime and safety
- Thursday: Economy
- Friday: Quality of life

I don't think any significant loss of service to the residents," he said.



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Legislation to protect Dartmouth Common

- ▶ Dexter has “gone a little foolish,” McCluskey says
- ▶ Law to prevent encroachment on Dartmouth Common



**ALEX
BOUTILIER**
@METRONEWS.CA

Premier Darrell Dexter unveiled legislation yesterday that, if approved, would require his cabinet to sign off on any new development on the Dartmouth Common.

The proposed amendments to the Halifax municipal charter will ensure the common's borders — which he helped draft as a city councillor — will not be compromised, Dexter said.

“For too long the Dartmouth Common has been a topic of unproductive debate,” he said. “Boundary lines, usage issues, building concerns have turned

“It feels like, and sometimes looks like, we’re being told ‘this is what’s going to happen’ with no regard to our concerns and our commentary.”

MAYOR PETER KELLY

this important and historic city space into a divisive issue.”

The amendments also clarify the roles of the provincial and municipal governments with regard to the common, Dexter said.

But Dartmouth Centre Coun. Gloria McCluskey said Dexter is introducing

legislation to protect the Dartmouth Common while the province takes more land from the Halifax Common.

“Capital Health wants to grab the (Queen Elizabeth) high school site,” McCluskey said.

“(Dexter is) not having very much to say about that, but he’s over here in Dartmouth.”

McCluskey said she’s in favour of protecting the common, but Dexter’s measures go “beyond reason.”

“My interest in the Dartmouth Common has been pretty straightforward,” Dexter said.

“I really have no idea what Gloria is talking about.”



▶ A pedestrian walks in front of the Dartmouth Common yesterday.

Halifax olive oil shop opens up world of flavour

There was a time when, by his own admission, Bill McArthur couldn’t tell the difference between a good extra-virgin olive oil and transmission fluid.

Those days have changed for the former marketing executive, agency owner and racecar driver, thanks to the palate and passion of his wife and business partner, Myrna Burlock.

They are the owners of Liquid Gold Tasting Bar, a

shop that specializes in olive oils and vinegars from around the world.

“If you have really good fresh oil, boy, your whole approach to food does a 180,” says McArthur, taking a break from the hectic pace of building and managing a new business. “These were tastes that Myrna had discovered earlier on her trips to Italy and hadn’t been able to find in North America.”



▶ Bill McArthur and his wife, Myrna Burlock, display one of their products at their boutique oil and vinegar shop yesterday.

The idea for their culinary business adventure was conceived while they were living in Sedona, Ariz., where Burlock found a little shop that specialized in olive oils.

“Bill didn’t share my enthusiasm until he tasted them and I started making all of these really cool dishes, all the while telling him ‘It’s the oil! It’s the oil!’” she says with a laugh.

Tucked into Halifax’s Hy-

drostone Market and draped in the earthy tones of the Tuscan countryside, a nod to McArthur’s branding expertise, their store has become as much a learning centre as it is a business.

Only six months into their new venture the fledgling “oil barons” are already considering expansion into other markets including Ottawa and Fredericton.

THE CANADIAN PRESS

Justice minister wants more 3rd-party controls

Three days after saying more feedback was

required, Justice Minister Ross Landry said the province will move to limit third-party advertising.

A third party involves a person or group using advertising or advocacy in an election.

Chief Elections Officer Christine McCulloch recommended limiting third-party advertising in a report on the Elections Act

released Friday, but such measures were absent in legislation tabled by Landry that day.

Landry said he gave the issue more thought after questions from the media and criticism from the opposition parties.

“As a result of the dialogue I had on the weekend, with the consultation I had ... I felt it was

the best interest to move forward with this today rather than procrastinate.”

Landry said his department consulted with the Premier’s Office on Friday, but the initiative to introduce further amendments came from his office.

The amendments are expected to come tomorrow.

● ALEX BOUTILIER

Bluenose II gets revamped

The first plank has been laid on the rebuilt hull of the schooner Bluenose II.

The milestone in the restoration of the fabled wooden schooner took place yesterday on the Lunenburg waterfront.

The \$14.8-million project began last fall.

The tall ship’s hull has been rebuilt using Angeliq timber that is more resistant to rotting.

Modern building methods are also being employed to reduce the need for extensive maintenance.

THE CANADIAN PRESS

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Hackers favour Canada: Report

► About 80 per cent of cyber scams happen on compromised legitimate web servers, experts say ► Most hackers still prefer targeting U.S.

Canada is becoming a harbour for cybercrime as hackers move their operations away from servers in China and eastern Europe, according to a report from the U.S.-based security firm Websense.

There was a 319 per cent surge in the number of Canadian servers hosting phishing sites in the last 12 months, even as most countries saw their num-

"That doesn't mean the bad guys are in Canada, it doesn't mean the affected users are in Canada, but it means the Canadian infrastructure is being used to attack against someone in the world."

PATRIK RUINALD,
WEBSENSE'S SENIOR MANAGER OF SECURITY RESEARCH

bers decrease, suggests the report.

Canada now finds itself second on the list of countries that host the most

phishing sites, which attempt to trick users into handing over their personal information, passwords or banking data. The num-

ber of bot networks — large numbers of infected computers that can be controlled by hackers remotely and used for malicious purposes — also rose by 53 per cent in Canada in the last eight months.

Canada is sixth worst on Websense's overall list for hosting all types of cyber-crime exploits, compared to 13th in a search last year.

THE CANADIAN PRESS

POSTHUMOUS POSTING

Dead man's blog draws millions

The last words of a B.C. blogger who battled cancer until last week are resonating with more than eight million people around the world.

Derek Miller's Last Post was published on his blog by a friend, one day after the 41-year-old father of two died from complications of colorec-

tal cancer in Burnaby, B.C.

In it, Miller talks about his love for his family, his sadness at not being able to support them in the future and his lack of regrets in his life.

His wife, Airdrie, says the response has been overwhelming, but she takes comfort from the blog because it's like having a little bit of her husband back. She hopes the blog will live on as Miller's digital legacy.

THE CANADIAN PRESS

Check out the blog at penmachine.com

Manitoba flooding forces residents out

A precautionary evacuation affecting thousands of people has been ordered in Manitoba's second largest city as the flood-swollen Assiniboine River rises dangerously close to the top of the city's dikes.

The evacuation notice affects about 900 homes in a widespread area of Brandon known as The Flats.

Mayor Shari Decter Hirst says the evacuation is mandatory and that all persons affected have been asked to register with emergency authorities at the city's Keystone Centre. "It's time to go," she said yesterday. "We can't be waiting until the last minute. We've got to start moving people out."

City police went door-

Flood levels

► The Assiniboine has already passed the record level in Brandon set during the flood of 1923, and work continues to raise the dikes.

► Provincial flood forecasters have said that between 20 and 50 mm of rain is expected in southern Manitoba over the next few days.

to-door several weeks ago to warn residents they may have to leave.

"The dike has not burst. There are no sirens, there is no panic," she said.

THE CANADIAN PRESS

Adrenaline. Seekers



► An artist's rendition shows a proposed walkway near the top of the CN Tower in Toronto. As if the view from the top of the CN Tower isn't thrilling enough — people will soon be able to walk around the ledge outside. The famous landmark will be offering a new attraction this summer called EdgeWalk. The official launch date has not been announced.

THE CANADIAN PRESS HANDOUT

CN Tower boasts bucket list thrills

Soon visitors to the CN Tower will be able to walk along a 1.5-metre-wide ledge around the top of the tower's main pod, 356 metres above the ground. Wearing safety harnesses, guides will lead groups of between six and eight to breathtaking views of the city.

Police kept discovery of girl's remains secret

For more than seven months, Montreal police knew they had the body of a girl who went missing in 1999 and avoided telling anyone — not even the girl's family.

Jolene Riendeau's body was found on Sept. 9, 2010, when a citizen's tip led police to a spot underneath a bridge in an industrial sector on the southern tip of Montreal.

Montreal police Sgt. Ian

Lafreniere says there were operational reasons for the decision.

"We kept a lot of information secret for ourselves because of the investigation," Lafreniere said.

Lafreniere said it took more than a month to establish that it was the 10-year-old girl who went missing all those years ago.

THE CANADIAN PRESS

Layton to aid Quebec interests

NDP Leader Jack Layton returned Sunday to the Quebec talk show that helped jumpstart his rise in the province and vowed to defend the interests of Quebecers in Parliament.

Layton told Radio-Canada's influential *Tout le monde en parle* that his first order of business when he returns to the

House of Commons will be to introduce legislation that strengthens the language rights of Quebecers working in federally mandated buildings.

The leader is coming off a breakthrough in the province that saw his party jump from one seat to 58. His party has been questioned about some of its young MPs and whether its success in Quebec is good for Canadian unity.

More than half of his party's 102 seats are in Quebec.

THE CANADIAN PRESS

Surprise Tory win a close call

Elections Canada says the surprise Conservative win in Labrador was even closer than originally thought.

Preliminary results indicated Peter Penashue beat Liberal incumbent Todd Russell by about 200 votes.

But Elections Canada says a validation of poll-by-poll tally sheets

corrected some mathematical mistakes, cutting that margin to just 79 votes.

The independent agency says an automatic judicial recount would only be triggered in this case if fewer than 10 votes separated the front-runners.

Before last Monday's federal election, the Conservatives had not held the riding of Labrador since 1968.

Penashue is a vocal supporter of plans to develop the Lower Churchill hydroelectric project.

THE CANADIAN PRESS

Ship sinks near Libya

► Witnesses say ship was carrying hundreds ► Somali mom lost baby

An overcrowded ship carrying up to 600 people trying to flee Libya sank just outside the port of Tripoli, the UN refugee agency said yesterday, citing witness accounts.

Aid officials were still trying to confirm the fate of those people after the vessel broke apart Friday in the Mediterranean Sea off the coast of Libya, UNHCR spokeswoman Laura Boldrini said.

Witnesses who left the Libyan capital on another boat shortly afterwards reported seeing remnants of the sunken ship and the bodies of some passengers floating in the sea, she told The Associated Press.

Other witnesses saw passengers swimming to shore but it was unclear how many survived, according to the International Organization for Migration.

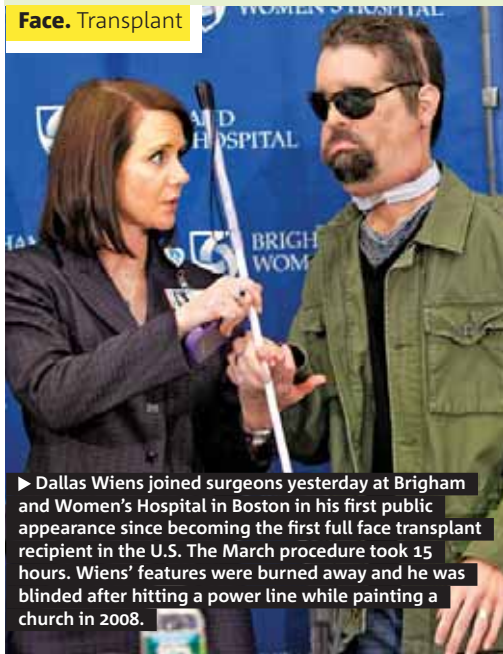
At least three other boats that left Libya in late March have disappeared, with hundreds feared dead, Boldrini said.

The number of people fleeing North Africa has soared since mid-January, due to uprisings in Egypt and Libya. Some 25,000 people, mostly Tunisians, have flooded Lampedusa off the North African coast. Many fleeing are foreign

workers from sub-Saharan Africa, who in the first weeks of the war were mistaken for mercenaries funded by Libyan leader Moammar Gadhafi and attacked by Libyan rebels. Boldrini said deaths among people trying to cross the Mediterranean is increasing as smugglers begin to use bigger and less seaworthy boats.

THE ASSOCIATED PRESS

Face. Transplant



► Dallas Wiens joined surgeons yesterday at Brigham and Women's Hospital in Boston in his first public appearance since becoming the first full face transplant recipient in the U.S. The March procedure took 15 hours. Wiens' features were burned away and he was blinded after hitting a power line while painting a church in 2008.

STEVEN SENNE/THE ASSOCIATED PRESS

New hope for Texas man

The first thing Dallas Wiens's daughter said when she saw him was "Daddy, you're so handsome." The 25-year-old Texas man received a nose, lips, skin, muscle and nerves from an anonymous donor.

Pakistan anger grows over U.S. raid

Pakistan's prime minister defended his nation's military and intelligence services yesterday and said Pakistan was not solely to blame for the failure to detect Osama bin Laden's presence in a garrison town close to the capital.

Prime Minister Yousuf Raza Gilani, in his first address to parliament since the covert U.S. raid that killed the al-Qaida chief, lashed out at allegations that Pakistan knew where bin Laden was hiding.

He also warned the United States that any

unilateral raids in the future would be met with "full force."

New signs were emerging of Pakistan's anger at the U.S. for sending Navy SEALs into the country from Afghanistan in helicopters with radar-evading technology.

In apparent retaliation, Pakistani media have reported what they said was the name of the CIA station chief in Islamabad in a possible leak from authorities seeking to damage covert American activity in the country.

American officials have said they didn't inform Pakistan in advance of the raid out of fear bin Laden could be tipped off.

Gilani warned the U.S. not to try a similar covert raid in the future.

THE ASSOCIATED PRESS

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Canadian Tire goes on offence

► Megadeal with Forzani Group gives company entree to sports enthusiasts and mall rats nationwide

Canadian Tire, where legions of wannabe hockey stars have gone for their first stick or pair of skates, is embarking on a massive expansion of its sporting-goods reach with the \$771-million acquisition of Forzani Group Ltd.

By buying Calgary-based Forzani's 500 stores, which include Sport Chek, Hockey Experts and Athletes World, the automotive and outdoor-goods retailer said yesterday it hopes to secure Canadian sports enthusiasts as lifelong customers.

"Parents buy kids their first bike at Canadian Tire, but as kids get older their tastes change," Canadian Tire president and CEO Stephen Wetmore said.

"Not only do they want more expensive bikes, they

Market moment

TSX



+ 110.53
(13,677.13)

Dollar



+ 0.37¢
(103.78¢ US)

Oil



+ \$5.37 US
(\$102.55 US)

Natural gas

1,000 cu ft

+\$4.223 US

(-8.1¢ US)

Gold

contracts

\$1,503.20 US

(+ \$11.60 US)

want all the apparel and gear that goes along with their cycling activities. That's where Forzani comes into play."

The acquisition will give

the company a presence in the coveted 18-to-35-year-old demographic that often prefers storefronts in shopping malls over big-box stores.

Canadian Tire said the purchase will be completed using \$500 million in cash and short-term financing, and has won the unanimous approval of Forzani's board. The company expects the transaction to close in the third quarter.

Canadian Tire employs more than 58,000 people with 485 stores across the country. Together, the merged companies will have about 1,000 retail locations selling a wide array of products from gardening tools and golf tees to winter tires.

THE CANADIAN PRESS



► Interception: Canadian Tire CEO Stephen Wetmore, left, hopes the company's friendly takeover of Forzani Group will help it to woo the coveted younger demographic. Bob Sartor, Forzani's CEO, says the deal gives his company "access to the incredible assets that Canadian Tire has."

The Downtown Halifax Business Commission presents The 10th Annual Carmichael Lecture



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Thursday, May 12
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They were both instrumental in establishing Greater Toronto's Green Belt.

For more info: www.downtownhalifax.ca, 423-6658

DOWNTOWN
BUSINESS COMMISSION **HALIFAX**

Economy creates more, better jobs

Canada has added 283,000 jobs over the past year, and the measure is now back to pre-recession levels, CIBC reports. The quality of those jobs has also

improved by 2.7 per cent measured against CIBC's employment quality index. More full-time jobs were created over part time, and there has been a strong

increase in paid employment over self-employment.

But the biggest mover of the index, CIBC said, is that new high-paying jobs have outnumbered low-paying jobs by about three to one. The improvement means Canadians have more buying power, which spurs the economy. THE CANADIAN PRESS

United Way of Halifax Region 85th Annual General Meeting

Wednesday May 25, 2011, 5 p.m.

St. James Anglican Church Hall

2668 Joseph Howe Drive (Armdale Roundabout), Halifax, NS

1. Please note that in accordance with By-law #1 Article 4.03 (A): the report of the Governance Committee outlining nominations to the board is available at United Way of Halifax Region, 46 Portland Street, Dartmouth, 7th Floor, Royal Bank Building, NS, B2Y 1H4;
2. Additional nominations may be made in writing signed by at least ten (10) members* and shall be received by the secretary not less than seven (7) days prior to the Annual General Meeting, together with a statement in writing signed by such nominee indicating a willingness to serve as Director if elected [By-law #1 Article 5.04-(b)];
3. No candidates, other than the nominated as set out above, shall be eligible for election at the Annual General Meeting. Employees of United Way of Halifax Region and of Funded Agencies are not eligible to sit on the Board of Directors. (By-law 5.03).

* Members of the Organization are residents within the boundaries of the Halifax Regional Municipality and the Municipality of East Hants who uphold the mission and objectives of United Way of Halifax Region.

Catherine Woodman, President and CEO
United Way of Halifax Region



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QUIT KICKING THE SEAT IN FRONT OF YOU

SHE SAYS ...

JESSICA NAPIER
METRO



Last week I found myself in a terribly uncomfortable position. I was travelling cross-country on an overnight flight and somehow, in spite of all my diligent planning, I was assigned the dreaded middle seat. Wedged between a rather rotund woman and Mr. Goes To The Bathroom Every 30 Minutes, I thought to myself, why are in-flight safety videos mandatory while basic plane etiquette is rarely enforced?

And so, fellow travellers, if we're going to be stuck together we should probably set a few ground rules. Here is a list of 10 to get us started.

1 Quit throwing elbows. Stop clumsily unfolding your newspaper or trying to use a clunky laptop on your miniature tray table and bruising my rib cage in the process. Buy an iPad or stick to a paperback.

"Stop clumsily unfolding your newspaper or trying to use a clunky laptop on your miniature tray table and bruising my rib cage in the process. Buy an iPad or stick to a paperback."

2 Babies are going to cry. All of the eye-rolling in the world won't make a difference, so stop making new parents feel bad about it.

3 Don't lean all of your body weight on the headrest in front of you every time you get up. There is a person in that seat and they want to smack you.

4 Shower.

5 Bring a novel, a magazine, a puzzle book — anything that will keep you occupied. Do not depend on your seatmates to provide you with seven hours of entertainment. Refrain from reading over someone else's shoulder

and don't you dare try to strike up a conversation against their will.

6 When your knee is touching my knee, it's awkward. Stop pretending you don't notice.

7 If you're in the emergency exit row, listen when the flight attendant explains how to assist the crew in an emergency. Sitting through a two-minute instructional speech is a small price to pay for all of that extra leg room.

8 Don't hog the armrest. People sitting in the aisle and window seats get the outside armrests and the person in the middle gets to use both inside ones to compensate for their unfortunate seat assignment.

9 Turn off your phone. For real. You're not fooling anyone by hiding your BlackBerry in your bag while you stealthily check messages.

10 Just because there is alcohol available doesn't mean you need to get drunk. Nobody likes a belligerent jackass — especially at 30,000 feet.

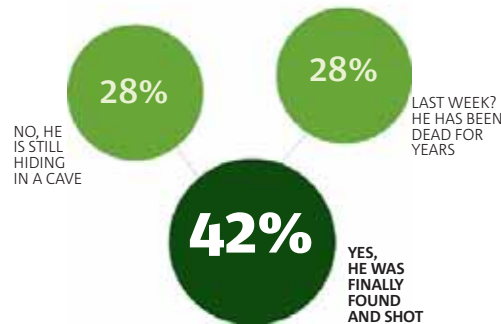
Remember, the rules aren't just for everyone else — they're for you, too. An airplane is not your office or your bedroom (or, heaven forbid, your bathroom); it is a claustrophobia-inducing aircraft you must share with hundreds of strangers. Treat it as such.

Read more of Jessica Napier's columns at metronews.ca/shesays



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metrolifepanel.ca
and take the quick poll

Do you believe Osama bin Laden was killed by U.S. Navy Seals last week?



Local tweets



@JLBabs: Thanks to the a-hole in the blue car who drenched me behind the superstore on quinpool. You deserved that finger. Love, Jessica.

@CiaranCoates: Just saw a guy in shorts, t shirt and sandals in the pouring rain. I'm with ya buddy, time for summer! #Halifax

@Bobby_OK: If they ever do a sequel to Se7en they should shoot it in Halifax. Think of the money they'd save on fake rainstorms.

@onlyinpublic: Just knowing that I'll be eating at the

Henry House brightens an otherwise dreary day. Halifax, je t'aime.

@crystalmc25: And another rainy day in Halifax! I wonder if we're the rainiest province in Canada?! Sure seems like it!

@lolyle: another rainy day in halifax? how unusual.

@adriren: Drove into Halifax this morning to spend only 10 minutes in the Passport office. At least I'll have my passport by the end of the month!

@BreeAli: #dalhousie feels like the Fall again! So many people in the SUB and the Tim's line is as long as usual

Worth mentioning

JAKARTA, INDONESIA. Video cameras captured 12 critically endangered Sumatran tigers, including mothers with their cubs, in Indonesian forests slated to be cut down, wildlife activists said yesterday.

One of the videos shows three young cubs playfully chasing a leaf. Another, triggered by an infrared sensor, recorded giant cats strolling across a clearing at night.

Sumatran tigers are on the brink of extinction because of the destruction of forests, poaching and clashes with humans.

Their numbers have dwindled to about 400 from 1,000 in the 1970s, according to the World Wildlife Fund, which set up the cameras in Riau and Jambi provinces three months ago.

Karmila Parakkasi, who heads the group's tiger research team on Sumatra island, said capturing a dozen cats in such a short period is astonishing. The cameras were set up in a corridor — not officially protected by the government — between the Bukit Tigapuluh National Park and Bukit Rimbang Baling Wildlife Sanctuary.

THE ASSOCIATED PRESS

Cartoon by Michael de Adder



WEIRD NEWS

Time for the Justice League seniors' home

Superheroes never seem to age in comic books. In real life, though, there's a time when crime fighters must hang up their utility belts.

A 91-year-old New Zealand man says he has been forced to put his new career as a modern-day Batman on hold because he is not allowed to be out fighting crime alone at night, AFP News reports.

John Bray, a Second World War

veteran, joined a local neighbourhood watch program, reporting any suspicious activity to police.

Like Batman, Bray began with a trusty sidekick, but decided to go solo when his Robin equivalent, a man in his late 80s, couldn't stay awake while on duty.

But the neighbourhood watch program has decided Bray can't work alone and he must find a new partner if he wants to continue to fight crime.

"I want to keep going so now I have to find a new partner," Bray told AFP, describing his crime-fighting role as a success, driving through the streets at night armed only with a spotlight and cellphone. ● METRO

2

scene

Scene in brief



Regis Philbin is ready for a new chapter. The retiring star of *Live! With Regis and Kelly* has a memoir coming this fall, *It Books* announced yesterday.

Philbin, 79, will reflect on his decades-long television career, including stories about *Live!* co-host Kelly Ripa and her predecessor Kathie Lee Gifford and such celebrities as Jack Nicholson, George Clooney and Jerry Seinfeld. The memoir is currently untitled.

In a statement released by the publisher Philbin called the book a "valedictory" and a "personal thank-you," especially to his fans.

THE ASSOCIATED PRESS



New Mark Burnett reality series, *Hiccups*, Dan for Mayor among CTV's summer lineup

Maya doesn't need any baby advice

► Comedienne reunites with SNL pal Wiig for *Bridesmaids* ► Rudolph pregnant with her third child, but is keeping busy on and off the set



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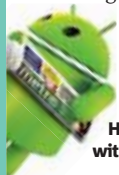
SCENE@METRONWS.CA

METRO WORLD NEWS IN HOLLYWOOD

Maya Rudolph isn't one for taking it easy. The comic actress sat down with Metro to discuss her new film, *Bridesmaids*, after shooting a new TV show pilot and attending the film's premiere the day before — all while very pregnant with her third child.

"I feel crazy today not getting enough sleep, because I'm gestating a human," she says, gesturing to her stomach. "Doesn't that sound weird? Gestating sounds like you're chewing and swallowing something. It sounds like digestion."

Despite her lack of sleep, Rudolph was more than happy to chat with Metro about the film, working with co-star and Saturday Night Live pal Kristen



How was it teaming up with Kristen Wiig again?

Wiig and the obnoxious questions pregnant women get. "It's very easy to work with her, and I happen to like her a lot, which makes it even more pleasant. You know, we've experienced a lot together just from working at SNL. It's like being in the trenches together — like being in the comedy army. You really do end up spending a lot of time at the offices and at the studio, and far more time together than with your loved ones sometimes."

What sort of comedy do you gravitate toward in picking projects?

I like comedy that is based in reality, or the gentle awkwardness of situations that can lend itself to being very funny. Away We Go had that as well. The first draft of it was definitely a tongue-in-cheek look at becoming a parent and having a lot to say about it. It was really cathartic because I had just gone through it myself for the first time, and it was just like, "Yeah! That's right! People say stupid stuff to you all the time!"



► Maya Rudolph stars in *Bridesmaids*, which opens in theatres on Friday.

Are you still getting stupid questions with this pregnancy?

I've been getting very interesting ones. I always carry big old babies. I'm always big when I'm pregnant. It's not how I want to look when I'm pregnant, it's just how I look. But I always get women that are really sure of themselves, like, "You're carrying low. You're having a boy. And it's going to go real early. It's your first baby, right?" And I'm like, "It's my third." Everyone's an ex-

pert. The unsolicited advice never ends when you're pregnant.

Have you ever had a wedding experience as crazy as the one in the movie?

Nothing like this, oh God no. And I haven't been a bridesmaid that much. I feel like a lot of my friends got married when I was working on SNL, and a lot of people get married on Saturdays.

What do you get recognized

for the most?

These days it's usually Whitney, maybe a little Oprah peppered in. They still say Donatella, but I'm like, "Wow, that's a really old reference." But it's really flattering that they remember an old reference. And then every once in a while I get a nice Bronx Beat reference, which I love. I love being able to be known for an original character and not just an impression. But I'll take whatever I can get.

DVD Releases this week

Buy it 🍿🍿🍿🍿 | Rent it 🍿🍿🍿 | Borrow it 🍿🍿 | Yawn 🍿 | Don't bother 🍿



Breaking up done right

Blue Valentine

Genre: Drama

Director: Derek Cianfrance

Stars: Ryan Gosling, Michelle Williams

🍿🍿🍿🍿

We say that a marriage "breaks" when couples are no longer united, but often it's not as decisive as that.

More commonly, dissolution is a process of erosion: of love, of trust, of

patience. It's this slow marital wearing down that Derek Cianfrance brings so heartbreakingly to the screen, aided by rich performances from Michelle Williams and Ryan Gosling.

Titled for an old Tom Waits tune, one whose lyrics lament "half forgotten dreams/ Like a pebble in my shoe," the film proceeds in what feels like real time, but with no obvious beginning or end. It's a latticework of moments happy and sad.

Mostly sad. Cianfrance shows us enough of the good times to infer what brought Williams' Cindy and Gosling's Dean together, even though it was immediately evident that their personalities didn't mesh.

Something happened, but not suddenly. Cindy and Dean added a few years and pounds, and gained a beautiful daughter named Frankie (Faith Wladyska), but they also lost a few dreams.

● PETER HOWELL

Celebrity tweets



Is it bad to go to McDonalds after the gym?



@chrisrock

Dear lovely people having a jam session, your passion is infectious but I would love to hear my own thoughts

@EllenPage



@Joan_Rivers



In a very controversial move, the White House has decided to release photographs proving the death of Paris Hilton's career.

@BillyCrystal



If we didn't evolve opposable thumbs, would we still be able to text?

No porn for Pippa

After making a splash at her sister's wedding to Prince William, Pippa Middleton is now very much in demand.

In fact, adult film company Vivid Entertainment has offered the head lady in waiting \$5 million to

shoot a single scene in one of their productions, according to TMZ. The company also offered \$1 million for an appearance by Pippa's brother, James Middleton. The Middletons understandably have not responded. **METRO**

Cheeky little lies told by Pattinson

► Twilight star convinced people he knew the Royals

Robert Pattinson admits that he used to pretend he knew Prince William while waiting for his big break in Hollywood. "When I first came to L.A., it was very easy to convince people I was a member of the royal family," Pattinson says in a recent interview. "I hadn't worked for three years — I was unemployed in London — and when people asked what I'd been doing, I told people I went to (the Royal Academy of Dramatic Art) with Prince William."

And the Twilight star was surprised how readily Americans bought his line. "People would think, 'You're English, I completely believe you!'" he says. **METRO**



► Robert Pattinson

Bieber is a 'brat,' says CSI star

CSI's Marg Helgenberger has some rather unkind things to say about her show's recent guest star, Justin Bieber.

"I shouldn't be saying this, but he was kind of a brat," she admits in a French radio interview, according to Radar Online.

"He was very nice to me, but he locked one of the producers in a closet and he put his fist through a cake that was on the cast's table." **METRO**



Justin Bieber

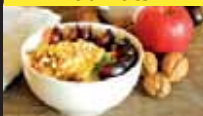
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Add nuts



How to add nuts to eat day's meal. Breakfast: Add nuts to your cereal, or to a smoothie. Snack: Take them to work and add them to yogurt or dried fruit for a snack. Lunch: Sprinkle some nuts on salads for added crunch. Dinner: Add nuts to pasta sauce or use them to make a crust for fish.

● CELIA MILNE



Aneurysms rare, but researchers search for what might trigger rupture



ISTOCK PHOTOS

▶ Nuts can give you that feeling of fullness and help prevent overeating.

You could go nuts trying to lose weight

▶ Harvard newsletter reports eating nuts twice a week may help people avoid weight gain



CELIA MILNE
LIFE@METRONEWS.CA

Eating nuts around breakfast time may help curb your appetite later in the day.

And, nuts are loaded with all kinds of good stuff: protein, fibre, antioxidants, unsaturated

fat, magnesium, and potassium.

"Nuts are nutrition super stars," says Kim Arrey, a dietitian and nutrition coach at PsySante Holistic Health Clinic in Montreal. "They are nutrient dense, and better yet, they contain many of the nutrients that most Canadians are having a hard time getting

"They are nutrient dense, and better yet, they contain many of the nutrients that most Canadians are having a hard time getting enough of in their diets."

KIM ARREY

enough of in their diets." While nuts are certainly high in fat (and should be eaten in small amounts), they supply heart-healthy

monounsaturated and polyunsaturated fats as well as cholesterol-lowering plant sterols. They are great sources of antioxi-

dants, with walnuts getting the highest grade.

A Harvard Medical School newsletter reports that eating nuts at least twice a week helps people avoid weight gain. For instance, walnuts eaten at breakfast gave people a feeling of fullness that kept them from over-eating at lunch.

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Don't fear the pin prick

► Your secret weapon to glowing skin is found in front of you ► Facial guru John Tsagaris and his beauty acupuncture technique works for many ► Sienna Miller has him to thank for her blessed youthful complexion

ROMINA MCGUINNESS
LIFE@METRONEWS.CA
METRO WORLD NEWS IN LONDON

Some would see spending 20 minutes with 60 or so needles embedded in your face as self harm — not self-healing. Yet your skin is a living organ and gives a clear projection of what is going on inside. Inserting acupuncture needles in the face stimulates collagen production and activates the facial muscles, making your skin look younger and plumper.

The wisdom of Chinese medicine is to use and optimize the resources of the human body and allowing it to do the job.

"Facial acupuncture works from within as it accelerates the anti-inflammatory activity and removes accumulative toxins from the skin," explains facial guru John Tsagaris. "By using a half-inch prick thin needle on the face (up to 180) and penetrating all layers of the skin, we are releasing huge chemical reactions and ultimately changing the skin's architecture, addressing the loss of facial



volume and preventing the formation of wrinkles and fine lines."

"If you go lifting weights in the gym, the next day you will be in pain as what you have torn and broken muscle fibres" continues Tsagaris. "The body is designed to prevent further injury by self-

improving itself so after a day or two, the broken fibres will be replaced by bulkier ones as your body prevents further injury by self improving itself."

With acupuncture, the needles going into the face trigger the skin to go into healing mode. Inserting them breaks down old, dry

and dehydrated collagen fibres and the skin responds by sending tremendous amounts of anti inflammatory agents, oxygen, red and white blood cells to cope with the injury.

On a mechanical level, acupuncture reconstructs the fibre network of the

skin and enables the broken fibres to be replaced with plumper ones to protect from injury. It also boosts the production of collagen to tighten and smooth the skin, creating a firm and radiant complexion and enhancing skin tone.

The biological cycle of



"This isn't a pampering facial as we are changing the actual structure of skin."

JOHN TSAGARIS, SKIN EXPERT

skin cell production is around 28 days but with age this turnover becomes lazy and skin renewal is less frequent. Facial acupuncture accelerates the tempo of this biological response by reminding the body to renew and revitalize itself as it did when you were younger.

The insertion of the needles isn't painless and is accompanied by a faint burning sensation throughout but your skin will instantly glow as it would after a tough workout. "We are changing the actual structure of skin, stimulating the production of collagen making it firmer, plumper and facilitating the blood and energy circulation to the face giving you more energy."

Skinemies

Three things your skin hates you for exposing it to.

- 1** Sugar: It's downright terrible as it creates a chemical reaction called 'glycation' that breaks down collagen and degenerates skin. It's also an inflammatory, causing irritation.
- 2** The sun: It accelerates an enzyme reaction in the skin that breaks down collagen and causes our skin to become much more loose and wrinkly.
- 3** Lack of oxygen: Our skin loves oxygen and unfortunately the atmosphere does not contain the same potency as it used to.

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Armview: A hearty lunch with some flaws

► Popular eatery serves good burgers, but some other items need work

LUNCH RUSH

VALERIE MANSOUR

FOOD@METRONEWS.CA



Lunchtime at the Armview Restaurant and every table is occupied, so we head into the bar area. As we peruse the extensive menu we try to ignore the decor — the bar's wallpaper has to go.

► **Armview Restaurant and Lounge**
7156 Chebucto Road
Halifax 455-4395
Price range: \$\$\$
Client negotiations: yes
Social lunch: yes
Rating: ****



► Peanut Chicken Salad

My pal selects the Hyland Burger (\$10), a six-ounce well-cooked burger served on toasted ciabatta with tomato, red onion and lettuce, a sizable slice of smoked Gouda and — surprisingly — spicy chorizo sausage. This is one fine burger, served with irre-

sistible, fat, steaming-hot home-cut fries.

My Peanut Chicken Salad (\$12.25) is less successful. This combination of roasted peanuts, chicken chunks, red pepper, apple, lettuce and green onion tossed with soba noodles is dry, and the chicken is

overdone. I request extra of their flavourful ginger vinaigrette. So except for that chicken, I now have a tasty salad.

The Armview provides prompt and friendly service and has become a popular lunchtime spot on this side of town.

THE CANADIAN PRESS/ HO

Chipotle apricot cream cheese spread



Here is a quick appetizer to make when guests show up with a moment's notice. Simple ingredients to keep in your pantry!

Preparation:

- 1 Spread cream cheese spread onto bottom of small pie plate.
- 2 In saucepan, cook jam, pepper and water on medium-low heat for 5 minutes or until jam is melted, stirring occasionally.

Ingredients:

- 1 tub (8 oz/250 g) cream cheese spread
- 1/2 cup (125 mL) apricot jam
- 1 can of chipotle pepper in adobo sauce, finely chopped
- 2 tbsp (30 mL) water
- 1 green onion, finely chopped
- Crackers

- 3 Stir in onion; spread over cream cheese.

THE CANADIAN PRESS

Energy to start their school day off right

THE CANADIAN PRESS/ HO

Get the day off to a nutritious start for your school-bound kids and serve them this yummy muesli.

The secret to this is apples and wild blueberries, which perk up the cereal and oatmeal.

They are also high in antioxidants, which gives youngsters a healthy start to a long day.

Preparation:

- 1 Defrost wild blueberries.
- 2 Roast oatmeal for about 3 minutes in toaster oven.
- 3 Clean and core apples. Cut 8 slices for garnish and cut remainder into small cubes, about 5 mm (1/4 inch).
- 4 Mix cereals together and divide evenly among 4 bowls. Fill each bowl with 1/4 of the milk.



► Apple and wild blueberry muesli

Ingredients:

- 500 ml (2 cups) frozen wild blueberries
- 250 ml (1 cup) oatmeal (uncooked)
- 2 apples
- 75 ml (1/3 cup) toasted almond slices or pieces
- 750 ml (3 cups) wheat or bran flakes
- 500 ml (2 cups) skim or low-fat milk
- Yogurt, for garnish

- 5 Place blueberries, almonds and apple over cereal. Garnish each serving with a dollop of yogurt (about 30 mL/2 tbsp)

and apple slices. May be kept in an airtight container for future breakfasts. Makes 4 servings. **THE CANADIAN PRESS**



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NOT SO SCREWED

FUN AND FRUGAL

LESLEY SCORGIE
MONEY@METRONEWS.CA



Last week, four people sent me Financial Planner Kurt Rosentreter's article entitled Canadian 30 Year Olds are Screwed.

I agree that the 30-something crowd make the biggest financial decisions of their life all within a few short years: education, career, marriage, home buying, children and much more. The financial stakes are high, and without help, this group seems to make poor financial choices, which will result in a lifetime of debt and limited net worth when retirement knocks. But, I don't think 30-somethings are screwed.

Perhaps challenged; but certainly not hopeless.

To get this group back on track, 30-somethings need to get 10 times more financially savvy and start playing bottom line "catch up."

Good money management doesn't mean keeping up with the Jones's, fancy cars and monstrous houses. Rather it's about keeping debt low and savings high.

Get savvy. Take 10 minutes a week of Internet time and invest it in your financial education. Do your Internet banking, set up a net worth spread sheet, use free online financial tracking tools available at any bank website to keep tabs on budgets and spending.

Consolidate unruly lines of credit into a traditional fixed rate mortgage while taking advantage of historically low interest rates. Lines of credit are masked as good debt, but they often cover up systemic overspending problems.

ON MONEY

ALISON GRIFFITHS
MONEY@METRONEWS.CA



Marriage has never just been about physical attraction or romantic love — the Harlequin Romance ideal notwithstanding.

Marriage, or whatever you call the (hopefully) lifetime union of two people, is a very pragmatic thing — especially financially. A financial union should create a far stronger whole than each of the individual parts.

Even so, many couples keep their financial affairs completely separate. I know those who have been together from many years and have kept their finances religiously divided to the point that they don't know what debts the other

Sad statistic

▶ 48 per cent of Canadian marriages end in divorce.

has, their income, retirement provisions or even whether or not they are current with their bills.

The main problem with this approach is that neither person can effectively plan their own future, because what one person in a permanent relationship does financially affects the other person.

If one partner, for example, is secretly paying only the minimum on his or her debt, the couple may have difficulty borrowing to consolidate other debts or getting a mortgage to buy a house.

At extreme separate finances can lead to some very unpleasant surprises down the road. In one case I worked on, the husband, supposedly a travelling



▶ The couple who chooses to handle money separately may be in for some scary surprises down the road.

salesman, was actually a professional gambler.

Result: Divorce and personal bankruptcy for the wife. Husband — off to parts unknown.

The guy was a schmuck and even joint finances wouldn't change that, but the wife would have likely clued in a whole lot sooner.

On another occasion, the wife, though working at a good job, was secretly using pay day loans each week because she'd fallen so far be-

hind in her credit card payments.

Result: They worked on it and are on the road to solvency, but not without a lot of mutual pain and sacrifice.

Personally, I think at least a limited amount of co-financial management is preferable and should be centered on areas of joint concern including household spending and any loans that affect both partners.

'YOUR MOM IS YOUR MOM'

My mother and I don't get along. I'm a mother too, and in some ways that makes me less tolerant of her behaviour, because I wouldn't treat my own child the way she treats me: she's rude, thoughtless, undependable, often in front of my daughter! On the other hand, now that I'm a mother I almost feel like our roles are reversed and no matter how badly she behaves, I have to watch out for her. I want her to have a relationship with my daughter, but not if she drains my energy, which ends up affecting my daughter negatively. So how do I maintain a relationship with her, along with my sanity?

Andrea: Dear Mommy Not Dearest,

I'd wish you a happy belated Mother's Day, but it feels like I'd be wishing you "Happy Massive Baggage Day." The fact is that your mom is your mom. You can't return her to the manufacturer when she's defective. So you have to simply forgive and accept her. You can't expect her to be like you and consistently set yourself up for disappointment.

Don't put her in posi-

TWO SISTERS



ANDREA & CLAIRE
RELATIONSHIPS@METRONEWS.CA

tions where she must demonstrate qualities she doesn't have to succeed. If she's undependable, don't make her the babysitter. If she's rude, don't introduce her to your boss. Instead, set yourself up for good memories. Interact with her in situations where she's awesome.

She'll appreciate being less pressured to be something she's not, and chances are she'll go out of her way to make your day.

You'll be a great example for your daughter — seeing you develop a good relationship with mom will allow your daughter to build a great one with her, too.

Claire: You've summed up what it is to be an adult: we

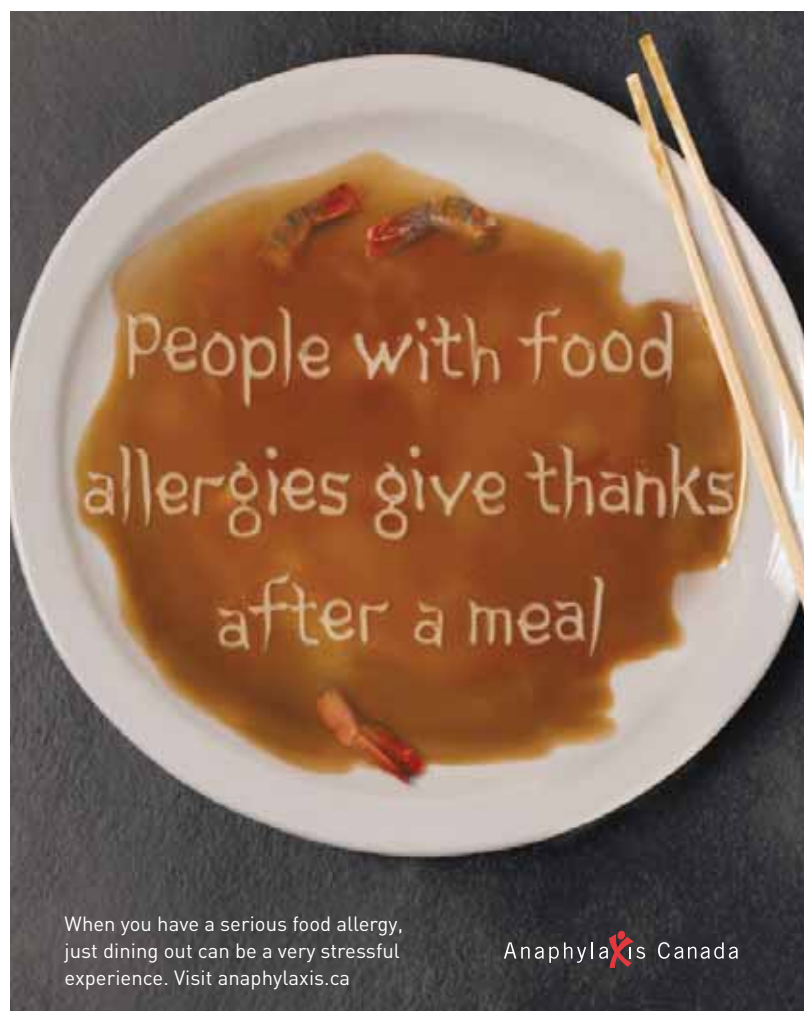
can see people's faults as clearly as we can see that we are powerless to change them. Sucks, doesn't it? As the saying goes, you can't change other people, you can only change yourself.

Therefore I suggest: first, be calm. Second, explain to your mother the main things that bother you about her behaviour. Third, prepare for her to ignore you.

Remember that these are the issues that psychology/psychiatry are founded on, so the best option is to talk to someone and find coping mechanisms that will help you change your reaction to her, so that her presence doesn't make you spontaneously combust.

Sometimes altering your behaviour is enough to alter the dynamic between you. And if not, limit the duration of her visits so that you can put aside your grievances long enough to show your child what she can look forward to dealing with one day ... with you.

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4
sports

Quoted



"They just played harder, getting to loose balls, second effort, chasing balls down."

CHICAGO BULLS GUARD DERRICK ROSE ON THE ATLANTA HAWKS, WHO HAVE TIED THE EASTERN CONFERENCE SEMIFINALS 2-2.



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Canucks. Advance



► Vancouver's Mason Raymond scores a goal against Pekka Rinne last night in Nashville.

FREDERICK BREEDON/GETTY IMAGES

Early lead stands up as Canucks reach conference final

Daniel Sedin and Mason Raymond scored first-period goals, and Roberto Luongo made 23 saves as the Vancouver Canucks beat the Nashville Predators 2-1 to advance to the Western Conference final last night.

The Canucks reached the conference finals for the first time since 1994 and will face the winner of the series between the San Jose Sharks and Detroit Red Wings in the next round. Raymond gave Vancouver the lead 7:45 into the game and Sedin made it 2-0 just 1:43 later. Luongo did the rest for the Canucks, who were outshot 24-19. **THE ASSOCIATED PRESS**

An unlikely hero

► Third-line forward Sean Bergenheim flourishing in Tampa Bay's surprising playoff run

Growing up in Finland, Sean Bergenheim envisioned himself someday playing in the NHL and elevating his game during the Stanley Cup playoffs. But never in his wildest dreams did the forward imagine having the kind of impact he has as part of the Tampa Bay Lightning's surprising run to the Eastern Conference finals.

With seven goals in 11 games, the post-season

neophyte not only leads his team in playoff goals scored, but through Sunday was also tied for the league lead with Nashville's Joel Ward and Philadelphia's James van Riemsdyk and Danny Briere.

Even more impressive, his production has come as part of the Lightning's third line — instead of one featuring any of Tampa Bay's big three of Martin St. Louis, Vincent



"It just seemed like a good fit."

SEAN BERGENHEIM, ON WHY HE SIGNED WITH TAMPA BAY

Lecavalier and Steven Stamkos.

The 27-year-old left-wing is one of nine players on the roster who had

not appeared in an NHL post-season game when Tampa Bay entered its first-round series against the Pittsburgh Penguins. Last summer, he signed a one-year, \$700,000 US contract with the Lightning after spending parts of five seasons with the New York Islanders.

Generally not known for offence, Bergenheim has never scored more than 15 goals in an NHL season. He had 14 with

Tampa Bay this year, ranking eighth on the team.

And while St. Louis, Lecavalier and Stamkos have combined for 15 goals while contributing to the Lightning overcoming a 3-1 deficit against the Penguins and sweeping the top-seeded Washington Capitals in the East semifinals, Bergenheim surprisingly leads the team with 36 shots.

THE ASSOCIATED PRESS

Canada yet to lose at IIHF tourney

Rick Nash and his Canadian teammates have earned an early date with Russia at the IIHF World Hockey Championship.

The big winger tipped home the winning goal

with less than eight minutes to play yesterday as Canada edged Sweden 3-2 to complete a perfect 6-0 run through the round-robin portion of the event.

THE CANADIAN PRESS

Cyclist dies in crash at Giro d'Italia

Belgian cyclist Wouter Weylandt was killed yesterday in a high-speed downhill crash during the third stage of the Giro d'Italia. **THE ASSOCIATED PRESS**

Mariners cut Bradley loose

The Seattle Mariners have cut slumping outfielder Milton Bradley and his \$12-million salary.

The Mariners designated the often-troubled outfielder for assignment on

yesterday. The 33-year-old Bradley was hitting .218 with two home runs and 13 RBIs in 28 games.

Seattle also cut utility player Ryan Langerhans.

THE ASSOCIATED PRESS

Rainmen ready to say where they'll play

The league the Halifax Rainmen are going to play next season will be announced later this week.

A press conference has been called for Thursday morning at the Halifax Metro Centre. A media release issued yesterday says Rainmen President and CEO Andre Levingston, along with Saint John Mill Rats President and General Manager Ian McCarthy and Quebec Kebs President Conrad Bernier, will announce which league the Canadian teams will join for 2011-2012 at the press conference.

This group had been hoping to launch a new Canadian minor professional basketball league

Timeline

The group has said it needs a minimum of five teams to make a new league work. Moncton, N.B., is also being considered.

and targeted Thursday for a decision on whether it will move forward.

The Rainmen, Mill Rats and Kebs all dropped out of the Premier Basketball League last month.

Levingston and Mill Rats president McCarthy visited London, Ont., recently and have met with representatives from a number of other cities.

● METRO

Red Wings want one more trip to San Jose

Sharks looking for more from top scorers Marleau and Thornton

The Detroit Red Wings are confident they will beat the San Jose Sharks for a third straight time and force a Game 7.

The Red Wings arrived home yesterday after avoiding elimination in San Jose, and Detroit coach Mike Babcock was asked if he hoped to get back on the team plane one more time.

"We're getting on it," Babcock said.

The Red Wings must beat the Sharks tonight in Game 6 of the Western Conference semifinal series to make a trip back to San Jose necessary Thursday.

The Sharks, of course, want to force the Red Wings to make other plans.



"I can't control what people say, or anything like that."

SAN JOSE'S PATRICK MARLEAU ON BEING CALLED "GUTLESS" BY TV ANALYST AND FORMER TEAMMATE JEREMY ROENICK AFTER GAME 5.

"You try to eliminate teams when you have a chance to," San Jose forward Joe Thornton said. "So we're going to go in there and try to eliminate them."

San Jose's chances to end Detroit's comeback will probably improve if Patrick



► Detroit's Tomas Holmstrom celebrates Sunday after scoring in the third period of Game 5.

Marleau and Thornton, its top two scorers during the regular season, lead the way.

Marleau is pointless through five games and

Thornton has been held to one assist since the Sharks surged to a 3-0 series lead in the second-round rematch from last year.

THE ASSOCIATED PRESS

QMJHL PRESIDENT'S CUP

Sea Dogs dominate for 2-1 lead

Stephen MacAulay had a goal and an assist and the Saint John Sea Dogs cruised to a commanding 5-0 victory over the Gatineau Olympiques last night in Game 3 of the President's Cup Final.

The Sea Dogs lead the Quebec Major Junior Hockey League final 2-1 with Game 4 tomorrow night in Gatineau.

With the win, Saint John extended its unbeaten road streak through the playoffs to eight games.

Jonathan Huberdeau, Aidan Kelly, Danick Gauthier and Philippe Halley also scored for the Sea Dogs, while Jacob DeSerres faced just 17 shots.

The Olympiques' Maxime Clermont made 30 saves.

The Olympiques were shut out for just the second time this post-season.

The Sea Dogs dominated from the start, outshooting Gatineau 18-5 in the first period.

Clermont kept



► The Sea Dogs' Jonathan Huberdeau.

Gatineau in the game early, making two big saves on Huberdeau which helped ignite the already boisterous sellout crowd of 4,000 at the Robert Guertin Arena.

The Sea Dogs solved Clermont with less than a second to go in the first period, as MacAulay scored his fifth of the playoffs to give Saint John a 1-0 lead.

While the fans at the Guertin are known for their exuberance, they were quickly silenced as Saint John made it 2-0 early in the second. Huberdeau jumped on a rebound out front for his league-leading 14th goal of the playoffs.

Kelly gave the Sea Dogs a 3-0 lead midway through the second as he beat Clermont high stick side.

THE CANADIAN PRESS

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3 Classified - That Ain't Classy

2 Bruno Mars-Lazy Song


1 Adele - Rolling In The Deep

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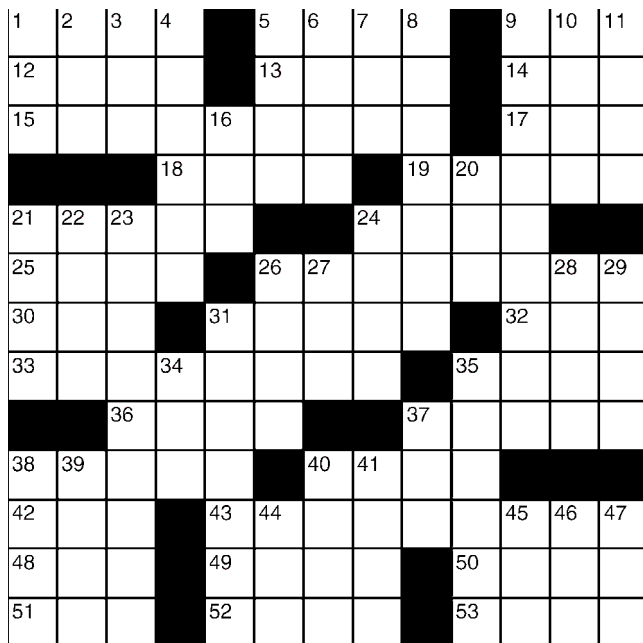
Crossword

Across

- 1 Musical ending
- 5 Grand story
- 9 That girl
- 12 German city, once a capital
- 13 Finding Nemo fish
- 14 Embrace
- 15 "Hurry up!"
- 17 Palindromic title
- 18 Weak, as an excuse
- 19 Undressed
- 21 Moderate yellow-brown
- 24 Unembellished
- 25 Legal wrong
- 26 Served
- 30 Hearty brew
- 31 Trombone section
- 32 — budget
- 33 Lounge chair part
- 35 Rams' fans?
- 36 Legendary English actor Edmund
- 37 Painter Max
- 38 Computer connector
- 40 Dregs
- 42 Past
- 43 Theatrical "good luck!"
- 48 Stitch
- 49 Photog's choice
- 50 Goodyear product
- 51 Barbie's companion
- 52 Vortex
- 53 Fervor

Down

- 1 Couric's network
- 2 Reaction to fireworks
- 3 CSI evidence
- 4 Short sock
- 5 Dutch cheese



- 6 Mast
- 7 Anger
- 8 Young swans
- 9 Ship's crew's rehearsal
- 10 Ginormous
- 11 "Zounds!"
- 16 Listener
- 20 Exist
- 21 Nevada neighbour
- 22 Double agent
- 23 Categorization
- 24 Atomizer output
- 26 Small songbird
- 27 Small batteries
- 28 Singles
- 29 Famed political cartoonist
- 31 Prickly shrub
- 34 Sandra or Ruby
- 35 Poor substitute
- 37 "A mouse!"
- 38 Halloween cover-up
- 39 Curved moulding
- 40 Give temporarily
- 41 Uncomplicated
- 44 Scarlet
- 45 Falsehood
- 46 Historic time
- 47 Solidify

► Yesterday's answer



Sudoku



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Yesterday's answer ►



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Johnatha, Hey John, just wanted to say I miss chilling with you! We should hang out sometime eh :) From ROBERT

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Today's horoscope

♈ Aries March 21-April 20 You know that if others would only listen to your advice everything would be fine.

♉ Taurus April 21-May 21 You can't stop people from making mistakes.

♊ Gemini May 22-June 21 Look at how fortunate you are and how many options are open to you.

♋ Cancer June 22-July 22 You can impose your will on others but you will achieve more if you meet colleagues halfway.

♌ Leo July 23-Aug. 23 Compared to most people you've had it easy, so quit complaining and get down to some serious work.

♍ Virgo Aug. 24-Sept. 22 Today you could be misled by people who know how to push your emotional buttons.

♎ Libra Sept. 23-Oct. 23 Listen to and act upon what your inner voice tells you today.

♏ Scorpio Oct. 24-Nov. 22 Don't gamble with your health today.

♐ Sagittarius Nov. 23-Dec. 21

For today's crossword answers and for expanded horoscopes, go to metronews.ca

If someone tries to pressure you into making a quick decision tell them to get lost.

♐ Capricorn Dec. 22-Jan. 20 Watch out your emotions don't get the better of you today.

♑ Aquarius Jan. 21-Feb. 18 Flattery will get you a long way today.

♒ Pisces Feb. 19-March 20. Look at your fears for what they really are: phantoms of your imagination that should be ignored. **SALLY BROMPTON**

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Offer(s) available on all new 2011 models through participating dealers to qualified customers who take delivery by May 31, 2011. Dealers may sell for less. Some conditions apply. Offers are subject to change without notice. See dealer for complete details. Vehicle images shown may include optional accessories and upgrades. **0% purchase financing is available on all 2011 Kia models on approved credit (OAC). Terms vary by model and trim, see dealer for details. Representative financing example based on 2011 Kia Forte5 with a selling price of \$16,695, financed at 0% APR for 48 months. Monthly payments equal \$347.81 with a down payment/equivalent trade of \$0. Cost of borrowing is \$0. A total obligation of \$16,695. Delivery and destination fees (\$1,455), other taxes, registration, insurance, licensing, PPSA (\$79) and dealer fees are excluded. Retailer may sell for less. See dealer for full details. *Don't Pay for 90 Days* on select models (90-day payment deferral) applies to purchase financing offers on 2011 Forte, 2011 Forte Koup, 2011 Forte5, 2011 Rio, 2011 Rio5, 2011 Rondo, 2011 Soul and 2011 Optima models on approved credit (OAC). No interest will accrue during the first 60 days of the finance contract. After this period interest starts to accrue and the purchaser will repay the principal interest monthly over the term of the contract. *Bi-weekly finance payment for 2011 Soul (\$50508)/Forte5 (\$50508)/Forte Sedan (\$50408)/Forte Koup (\$50218) based on an MSRP of \$15,995/\$16,695/\$15,995/\$18,995 is \$100/\$104/\$97/\$116 with an APR of 1.49%/1.9%/1.49%/1.9% for 60 months, amortized over an 84-month period. Estimated remaining principal balance of \$5,106/\$5,308/\$4,974/\$5,922 plus applicable taxes due at end of 60-month period. Offer includes a loan credit of \$500/\$500/\$500/\$500, delivery and destination fees of \$1,550/\$1,455/\$1,455/\$1,455 and PPSA (\$79). All offers exclude licensing, registration, insurance, other taxes and dealer administration fees. Other dealer charges may be required at the time of purchase. Other lease and finance options also available. Dealers are free to set individual prices. Prices subject to change without notice. Certain restrictions may apply. *Highway/city fuel consumption for 2011 Forte Sedan (F05408)/Forte5 (F05508)/Forte Koup (F05218) is 5.7L (50 MPG)/8.1L (35 MPG); 2011 Soul (S05508) is 6.3L (45 MPG)/7.7L (37 MPG). The actual fuel consumption of these vehicles may vary. These estimates are based on the Government of Canada's approved criteria and testing methods. Refer to the Government of Canada publication *EnerGuide Fuel Consumption Guide*. 2011 Kia Forte Sedan/2011 Kia Soul awarded the Top Safety Pick by the Insurance Institute for Highway Safety. Visit www.iihs.org for full details. ©2011 Kia Forte5 awarded 2011 Best Small Car Of The Year (over \$20,000) and Best Hatchback by *Motoring* 2011. Visit www.motoringtv.com for full details. *The Bluetooth® word mark and logo are registered trademarks and are owned by Bluetooth SIG, Inc. Some conditions apply to the \$500 Grad Rebate Program and \$750 Kia Mobility Program. See dealer for details. Information in this advertisement is believed to be accurate at the time of print. For more information on our 5-year warranty coverage, visit kia.ca or call us at 1-877-542-2886. Offers end May 31, 2011. KIA is a trademark of Kia Motors Corporation. ©2011 Kia Canada Inc. Reproduction of the contents of this material without the expressed written approval of Kia Canada Inc. is prohibited. All information is believed to be accurate, based on information available at the time of printing. Information sourced from independent third-party research.



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